

rib of beef with rocket and caper salsa serves 8



What could be more magnificent than a huge roast rib of beef sitting resplendent on the table, wishing to be carved? Serve with the usual roast potatoes, parsnips and gravy and, instead of, or as well as, horseradish sauce, try this delicious rocket salsa.

ingredients

3-rib of beef approx. 3.25 - 4 kg (7 - 9 lb)

100 g / 3½ oz rocket

3 heaped tbs capers (well drained)

the grated zest and juice of 1 lemon

1 heaped tsp Dijon mustard

4 tbsp extra-virgin olive oil



method

Place the beef (which must be at room temperature, not straight from the fridge) in a roasting tin. Season all over then place in a preheated oven (230C / 450F / Gas 8) for 15 minutes. Reduce the heat to 170C / 325F / Gas 3 for a further 17 minutes per 450g / 1 lb, for medium-rare. Baste a couple of times.

Once the meat is cooked to your liking, allow to rest in a warm place for at least 10 minutes before carving and serving with gravy and the rocket salsa.

For the salsa, place the ingredients in a food processor and - using the pulse button - process only very briefly until just combined. You do not want a puree, rather a rough salsa. Alternatively, chop everything together by hand and stir in the oil and lemon juice. Season to taste with salt and pepper.

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